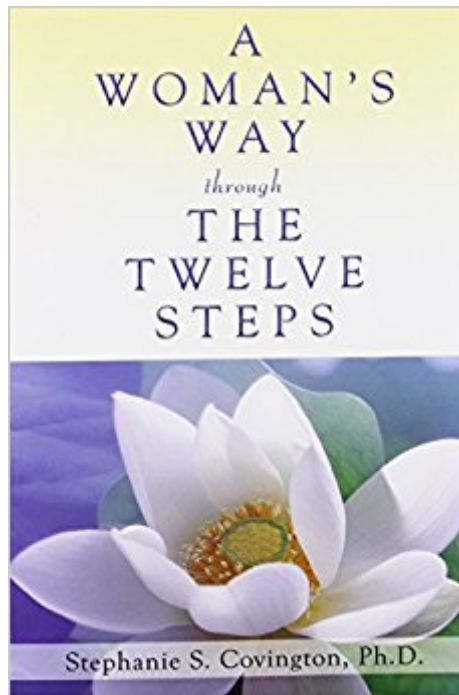




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A Woman's Way Through The Twelve Steps



Synopsis

Women's recovery can differ from men's, and each person's recovery is in many ways unique. That's why Stephanie Covington has designed *A Woman's Way Through the Twelve Steps* to help a woman find her own path-and find it in terms especially suited to the way women experience not just addiction and recovery but also relationships, self, sexuality, and everyday life. Unlike many "rewritten" Twelve Step interpretations for women, this guide works with the original Step language, preserving its spirit and focusing attention on its healing message. This compilation of a diverse group of real women's voices and wisdom illuminates how women understand the Twelve Steps of Alcoholics Anonymous and offers inspiring stories of how they have traveled through the Steps and discovered what works for them. The book can be used alone or as a companion to *The Twelve Steps and Twelve Traditions of Alcoholics Anonymous*. By drawing attention to how recovery raises special issues for women - from questions about sexuality and relationships to essential topics such as powerlessness, spirituality, and trauma - *A Woman's Way* empowers women to take ownership of their recovery and to grow and flourish in sobriety. Also available in Spanish.

Book Information

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Customer Reviews

All four components of *A Woman's Way through The Twelve Steps* (Book, Workbook, Facilitator Guide and DVD) are designed for use with women in residential and outpatient treatment programs, as well as mental health and criminal justice settings. The components can stand alone, but to achieve the best outcomes, it is recommended that all four components be used together as a

comprehensive, integrated treatment program for women.~ ~ Additional information may be found at:~ ~ stephaniecovington.com/b_awomans.php

Dr. Stephanie S. Covington is a nationally recognized clinician, author, organizational consultant, and lecturer. She is a pioneer in the field of women's issues, addiction, and recovery. She has developed an innovative, gender-responsive, and trauma-informed approach to the treatment needs of women and girls that results in effective services in public, private, and institutional settings. Her presentations, staff-development seminars, and technical assistance focus on systems change and the development of caring, compassionate, and empowering therapeutic environments. They provide professionals an opportunity to learn new skills for dealing with personal, institutional, and societal changes and are always in demand, both nationally and internationally. Dr. Covington is based in La Jolla, California, where she is co-director of the Institute for Relational Development and the Center for Gender and Justice, which seeks to expand gender-responsive policies and practices for females who are under criminal justice supervision. Among the many articles and books written by Dr. Covington are:

- * *Women and Addiction: A Gender-Responsive Approach*
- * *Awakening Your Sexuality: A Guide for Recovering Women*
- * *Leaving the Enchanted Forest: The Path from Relationship to Intimacy*

She also has program materials to help meet the needs of women and girls. The following curricula include training manuals for professionals and complementary materials for participants:

- * *Helping Women Recover: A Program for Treating Addiction* (with a special edition for the criminal justice system)
- * *Beyond Trauma: A Healing Journey for Women*
- * *Voices: A Program of Self-Discovery and Empowerment for Girls*
- * *A Woman's Way through The Twelve Steps*

For a list of Dr. Covington's recent articles, and descriptions of her current seminars for professionals, visit: stephaniecovington.com and centerforgenderandjustice.org.

This is a wonderful book to take women through the 12 steps in AA...or any addiction. I went to a women's meeting for years that used this as its step book and so much more was openly talked about than using just the AA 12 Step book. Unfortunately this is not "sanctioned" by AA, so a group has to agree to use it. It certainly is a wonderful addition for women who are in a 12 Step program.

One of the issues with the Alcoholics Anonymous Program for women is that the two founders and all the stories at that time were about men. When AA was founded, they did not let women into the rooms and did not consider them as needing the help. A man's club to be sure. Any suggestion that the Big Book (Alcoholics Anonymous) should be changed from those early years and stories was like saying the Bible should be changed. Women, therefore, had to relate to stories of men's perspectives. All the dialog in the books were written in the "he" perspective. Understandable for the 1930's and the founding fathers. This "radical" book allows women a voice in the rooms where they are often do not have a voice. It allows a woman's perspective to be heard and supports womens' reality as it relates to the recovery process. Highly Recommend!!! (written by female 27 years sober)

This book helped me so much in my early days of recovery and going through the AA twelve steps. I was going through so many different feelings and had an array of questions on how to interpret certain aspects of the program as a woman. It's sensitive and provides so many great tips, but also offers great guidance for women struggling through the daunting world of addiction recovery. It's a handy guide to have to go side by side with the big book.

I just started going to meetings and am intimidated by reading the Big Book. Something about it reminds me of Catholic school and the bible. This was the first text that I read about the twelve steps and recovery. It was easy to read and very straightforward while also providing important insights. I liked that the author included real women's experiences because it made the book relatable to my current situation.

This book makes the 12 steps less intimidating for everyone, including men. This book shows us how to behave as human beings through the practice of the 12 steps. If you new to A.A. and your having a bit of trouble with some of your "fellows"... don't blame yourself..only remember that the universe of the spirit is broad and roomy... always inclusive and never exclusive...If your new or your coming back...welcome...your off the hook... and that is the message of A.A. if you were sacred out of A.A. because of the word "GOD" and the people with their "smiling faces"...I'm sure that with a little bit of time back at the bar.. the drugs and the booze will scare you back in.

Purchased this as a gift for a female friend who attends 12 Step meetings. She reportedly loves the book, so my simple review is based on that. Personally, I love giving daily reflection books as gifts. As a 12 Step meeting attendee I still have and use the first daily reader which was given to me...I

read it daily!

I absolutely love this book. It has the perspective for women that a lot of other 12-step recovery program books simply do not have because most of the programs out there were created by men several decades ago in a completely different time. If there's a perspective that seems to be lacking in your personal program, try reading this book, it may help strengthen your recovery.

I'm sure for a beginner in recovery this would be a good book but I need something that has more depth and weight. Most of what was written I have already read in my own recovery books. I was hoping it would explain more how to apply the steps in a woman's life. Maybe it did, but I didn't get it.

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